



# Irving Recreation Center Camp Energy Newsletter

Summer 2011

Week 7 (July 11—15 )

## IMPORTANT REMINDERS:

- Our camp rules are "Be safe. Be respectful. Be responsible."
- Pack a sack lunch for your child. Microwave use will not be an option.
- Wear tennis shoes to camp. Sandals and flip-flops are not safe options for camp activities.
- Leave valuables at home (including money, portable video games, etc.)
- Label your sunscreen with your camper's name.
- Do not hesitate to ask when you have questions or comments.



## ENERGY THEME: THE BODY

Last week we learned about the heart. But what else do you know about the body? Do you know what the major parts of the body are? Even though we all have the same parts, not all bodies look the same on the outside. This week we're going to learn about how our choices in food and activity, or how well we maintain Energy Balance, will affect all parts of our body.

## THIS WEEK'S HIGHLIGHTS

### Monday

Tennis and Swimming Day! Tennis in the morning. We will swim at Irvingdale Pool from 11:30-1:00. Don't forget your swimsuit. We will also be playing various active games in the afternoon.

### Tuesday

Wise Kids program in the morning as well Tennis in the afternoon. We will be doing rotations later in the afternoon involving our energy theme as well.

### Wednesday

Today we will be swimming at Irvingdale Park from 11:30-1:00. Our week's theme is Game Show Fun. We will be playing games such as Minute to Win It and Deal or No Deal.

### Thursday

Today is our field trip day and we will be going to Hollywood Bowl. We will be picked up from the center at 12:30 and will return by approximately 3:15.

### Friday

Movie Day! We will be doing various activities throughout the afternoon, including Disc Golf and a Craft.

**Fitness Focus:** Muscular Strength and Endurance

## EMAIL NEWS

Don't miss a newsletter and have other important weekly information delivered directly to your inbox! Update your email address with the rec. center office to make sure you stay current on all there is to know about Summer Day Camp at Irving Recreation Center.